



CASTORIA
For Infants and Children.
Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
Chat. H. H. H.
In
Use
For Over
Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

Bass won first prize in guessing the grains of corn in a bottle. The second prize was awarded Mrs. S. M. Davis. A sense contest was the promoter of much amusement, guessing the contents of neatly wrapped parcels. Mrs. Cole won the favor. The honor guest was given a beautiful silver corsage bouquet pin.

After a dainty ice course was served, the guests received their fortunes securely sealed in nutshells, upon whose surfaces distinguished looking faces in free-hand outline appeared. The fortunes were the brightest kinds of coins sufficient to start the most substantial kind of a savings account.

Those who enjoyed Mrs. von Nordheim's hospitality were: Meses, Morris Sass, H. H. Sayre, Edgar Sandlin, C. E. Washington, Darie, Payne, Eddleman, Newman, Howes, J. A. Bass, George Henley, S. A. Apple, G. A. Ramsey, S. M. Davis, Kirkbright, Howard, Ray Poland, Cole, and Misses Helen Durie, Eloise Sandlin, and Harriet Crockett.

**CARE OF THE BABY
IN SUMMER**

(Prepared by the Children's Bureau,
U. S. Department of Labor)

Minor Ailments.

A baby may be made uncomfortable and restless by various causes which are readily removed. Attention has already been called to the fact that babies and young children frequently suffer from thirst. They should be offered a drink of water several times a day, and particularly in hot weather. When a baby cries in the night, a drink will often quiet him, and send him to sleep.

Irritating clothing is at times responsible for the baby's fretfulness. Woolen socks, or shirts, or stiff cap strings are quite enough to spoil his comfort, even if he is well, and in hot weather especially, a superabundance of clothing is frequently responsible for much real suffering.

Dress the baby in the lightest cotton garments and keep him as cool as possible. Do not be afraid to let him have nothing on but his diaper and one other thin garment on the very hot days.

Prickly Heat.

One of the troubles from which a baby often suffers in summer is prickly heat. This ailment appears as a fine red rash usually on the neck and shoulders and gradually spreads to the head face and arms. It is caused by overheating, due either to the hot weather or to the fact that the baby is too warmly dressed. The rash comes and goes with the heat, and causes intense itching. The remedy for it is to take off all the clothing and give the baby a sponge bath in tepid water in which common baking soda has been dissolved. Use 1 tablespoonful of soda to two quarts of water. Use no soap, and do not rub the skin, but pat it dry with a soft towel. After the skin is thoroughly dry, dust the inflamed surfaces with a plain talcum powder.

This ailment, like all others, is more readily prevented than cured. Frequent cool baths, very little clothing, simple food and living in cool rooms, or in the open air will probably save the summer baby from much of the annoyance of prickly heat and other more serious ills.

Chafing

Fat babies are very apt to suffer from chafing, especially in hot weather. It appears as a redness of the skin in the buttocks or in the armpits, or wherever two skin surfaces persistently rub together.

Much the same treatment is required as in prickly heat. Never use soap on an inflamed skin. Instead use a soda, bran or starch bath. Directions for these baths are given in a publication called Infant Care, which may be had, free of charge, by addressing a request to the chief of the children's bureau, U. S. department of labor, Washington, D. C.

Great care should be taken not to let the baby scratch the skin, when it is irritated. Slit together two parts of powdered corn-starch, and one part boracic acid, and use it freely on the chafed places. Remove wet or soiled diapers at once. Wash and dry the flesh thoroughly, then dust the powder freely between the legs.

Milk Crust

This is a skin disease affecting the scalp, in which yellowish, scaly patches appear on the baby's head. These patches should be softened by anointing them with olive oil or vaseline at night, and the head washed with warm water and castile soap in the morning.

If the crust does not readily come away, repeat the process until the scalp is clean. Never use a fine comb nor the finger nails to remove the crusts, as the slightest irritation of the skin will cause the disease to spread further. The scales will usu-

ally disappear after a few days of careful treatment.

Constipation

If the baby does not have at least one full bowel movement in 24 hours or in 36 at the outside, he is in need of such care as will bring about this result. Breast-fed babies often respond to an increased supply of laxative food in the mother's diet. If this is not sufficient, a six months old baby may have a tablespoonful of strained orange juice between two of his morning feedings.

Bottled babies may have fruit juice in the same way and thin oatmeal gruel may be substituted for barley water in making up the feedings, after the baby is four months old.

Perhaps the best preventive of constipation is to teach the baby to move the bowels at the same hour every day. This training should be begun when the baby is three months old, and should be faithfully continued until the habit is firmly established. Not only does this practice establish in the baby from the beginning of his life a custom which will greatly increase his chances for good health, but results in an enormous saving of work to the mother. She no longer finds herself confronted with a pile of soiled diapers to wash, but instead gives fifteen minutes of careful attention to the baby each morning.

Directions for carrying out this training are given in the pamphlet on Infant Care, already mentioned. Do not use enemas for the relief of constipation save in emergencies, and do not resort to purgative medicines except with the doctor's advice.

**MANY THINK ROOSEVELT
MAY BE G. O. P. CHOICE**

(The Oklahoma Times)
"In a journey from the national capital to Oregon, down the Pacific coast and thence to Oklahoma I found it the general belief among republicans that the grand old party is going to come back in good form next year, both in the election of members of the house and in the election of president," said Representative Dick T. Morgan of the eighth Oklahoma district, to The Times this morning.

"This belief is due to the prevailing notion that the business depression of the past three years has been largely due to economic and financial policies of the democratic administration. Generally speaking, the people approve the president's foreign policy without regard to politics, but regard other policies of the administration as failures. They do not think the business depression has been due to the war in Europe, but to the tariff policy of the democrats.

War Helped Farmers.

"In the granger states it is understood that the good prices that have been received for wheat and some other farm products has been due to the extraordinary demand created by the war in Europe. This is actually true.

"One discouraging feature is the general disposition among republicans to get together, but there does not seem to be much centralization of sentiment as to candidates. There

**HOW WOMEN
AVOID
OPERATIONS**

By Taking Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio. — "My left side pained me so for several years that I expected to have to undergo an operation, but the first bottle I took of Lydia E. Pinkham's Vegetable Compound relieved me of the pains in my side and I continued its use until I became regular and free from pains. I had asked several doctors if there was anything I could take to help me and they said there was nothing that they knew of. I am thankful for such a good medicine and will always give it the highest praise." — Mrs. C. H. GRIFFITH, 1568 Constant St., Cleveland, Ohio.

Hanover, Pa. — "I suffered from female trouble and the pains were so bad at times that I could not sit down. The doctor advised a severe operation but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it. What joy and happiness it is to be well once more. I am always ready and willing to speak a good word for the Compound." — Mrs. ADA WILT, 303 Walnut St., Hanover, Pa.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

**Heat a Menace to
Lives of Old Folks**

**Sickness and Misery Are
Caused by Constipation
In Hot Weather**



People of advancing years should be very careful of their health during the hot months. One has only to follow the mortality record of elderly people as reported in the papers, to realize that these are the hardest months of the year for them. It is most important to the maintenance of health and vigor at this time to avoid constipation, with its accompanying headaches and muscular and blood congestion. This can be best accomplished by the timely use of a gentle laxative, such as Dr. Caldwell's Syrup Pepsin, an ideal remedy that is pleasant to the taste, easy and natural in its action and does not gripe. Its tonic properties build up and strengthen the system.

Elderly people should avoid strong physics, cathartics, purgatives, salts and pills as these afford only temporary relief and are as a shock to the entire system. In every home a bottle of Dr. Caldwell's Syrup Pepsin should always be on hand. It is inexpensive and can be obtained in any drug store for only fifty cents. For a free trial bottle write to Dr. Caldwell, 433 Washington St., Monticello, Ill.

are so many good and capable men for the big job that there is no uneasiness on that score.

"Among those I have heard most frequently mentioned are Justice Hughes of the federal supreme court, former Senator Burton of Ohio, Representative Mann of Illinois, republican leader in the house, and Senator Elihu Root of New York. These are many eminent republicans who believe that Colonel Roosevelt will be a factor and may receive the nomination at the hands of the republican party.

"I believe that the republicans next year should make the campaign largely upon national issues and that upon those issues there will be a chance to carry Oklahoma for the republican national ticket and materially increase the republican representation in the lower house of congress. If you remember, Mr. Taft jacked only 11,000 votes of carrying this state in the last general election.

Business Interests Involved.

"The business interests of Oklahoma, the building up of our manufactures and the development of our mineral and other natural resources really demand the application of the republican national policies.

"While Oklahoma is a great cotton-growing state, it has only one cotton mill, which is located at Guthrie.

**Information for
Lung Sufferers**

The makers of Eckman's Alternative will be pleased to send reports of recoveries from tuberculosis and a booklet of interest to sufferers, with information about diet and fresh air. Investigate this case—2141 Susquehanna Ave., Phila., Pa. "My Dear Sirs—For two years I was afflicted with hemorrhages of the lungs, and later I was taken with a severe attack of pneumonia. When I recovered sufficiently to walk about the house I was left with a frightful hacking cough, which no medicine I had taken could alleviate. It was at this time, March, 1902, that I started taking Eckman's Alternative. In a short time my cough was gone and I was pronounced well. I cannot speak too highly for the good it has done." (Abbreviated.) (Signed) HOWARD L. KLOTZ. Eckman's Alternative is most efficacious in bronchial catarrh and severe throat and lung affections and up-building the system. Contains no harmful or habit-forming drugs. Accept no substitutes. Small size \$1; regular size, \$2. Sold by leading druggists. Write for booklet of recoveries. Eckman Laboratory, Philadelphia.

**DR. MOFFETT'S
TEETHINA
TEETHING POWDERS**
FULL DIRECTIONS IN EACH BOX FOR
Cholera Infantum, Dysentery
Cholera Morbus, Worms
Diarrhoea and Constipation.
WRITE FOR OUR FREE
MOTHER'S BOOK All About
the Baby
C. J. MOFFETT MEDICINE CO.
ST. LOUIS, MO.

**Cuts, Burns,
Bruises, Sores, Wounds and Piles
quickly healed with Arnica Salve.**
It prevents infection, is antiseptic,
soothing, healing. Try it once.
Money Back If It Fails.
The Original and Genuine.
**Bucklen's
Arnica Salve**
Heals the Hurt
All Druggists and Dealers, 25c.

**A CLERGYMAN'S STORY
Came Near Losing His Life—How He Escaped**

The following letter was received by The Peruna Co., from Rev. G. W. Roberts, R. R. 2, Box 27, Hartsell, Alabama, under date of April 2, 1904, which is exactly nine years ago. He says: "I take pleasure in informing you of what your Peruna has done for me after three years of suffering. I had tried the treatments of several doctors, also home remedies, but they failed and all hope had gone. My friends, like myself, thought I was in the last stages of consumption.



REV. G. W. ROBERTS,
R. R. 2, Box 27,
Hartsell, Ala.

"My daughter brought me a bottle of Peruna and I took it with me to try it. I had got so weak I had lost my voice, and I thought it no use. That was in May, 1902. I began to take it, according to directions. I wrote to you, and you gave me your kind advice.

"I soon felt better, my cough began to give way, and the expectation lessened. I have taken fourteen bottles. I feel well, eat hearty, sleep soundly, weigh as much as I ever did, do considerable work on my farm, and attend to my other business. My friends seem astonished at my recovery.

"I wish to thank you for your kind advice and the books you have sent me. I shall ever praise your medicine and hope that you may enjoy a long life."

It will be observed that Rev. Roberts waited two years after he began to use Peruna, before he wrote the above letter to The Peruna Co. So that his apparent recovery could not possibly have been temporary relief.

In a later letter to The Peruna Co., dated September 22, 1908, Rev. Roberts says: "I am a great friend of Peruna. By the use of Dr. Hartman's advice I am here to-day, able to be with my family and attend to my business."

We quote from another letter, dated December 10, 1906: "I praise Peruna to all the sick. The people know my case, and they praise it also."

In a letter dated November 22, 1909, we quote Rev. Roberts: "Peruna gave me back my life ten years ago. All my acquaintances know that. I am certainly thankful to you for your kindness."

In a later letter, dated January 13, 1910, he says: "I shall ever in the future, as in the past, be ready to speak in praise of Peruna to all sufferers. I believe my miraculous cure has been the means of many others being cured in this county."

From a letter of September 5, 1911, we quote a few words: "I am still among the living. As to Peruna, I do not feel that I have words to express the faith I have in its merits. I feel that Peruna has been the means, through the kind providence of God, of prolonging my life for more than ten years."

We quote a still later letter, October 31, 1912. He says: "I took a severe cold three weeks ago. I at once sent for Peruna. Have been taking it two weeks. I am now better. I consider that Peruna has carried me over a dozen years of life. I always stand ready to answer any question in reference to Peruna."

We quote from his last letter, dated January 2, 1913: "Dear Friends: I wish this bright New Year to express my thanks to you for your kindness. Trusting that you may have a successful and happy year, and that your medicine may prove a blessing to many as it has to me, I am yours as ever, G. W. Roberts, Hartsell, Alabama, R. F. D. 2, Box 27."

It is not necessary for us to add any words to this story. The eloquence and pathos of these letters are more convincing than arguments or affidavits. Who can doubt the clergyman's story? Who can doubt that Peruna saved his life?

Every home should be provided with the last edition of the "Bills of Life," sent free by the Peruna Co., Columbus, Ohio.

IN SOCIETY
By Jeanette H. Poland - Telephone 361
Hours 6:30 to 8:30 a. m. 6:30 to 9:30 p. m.

Mrs. Joel Buchanan is visiting relatives in Texas.

Natatorium Party.
Mrs. Sigler's class of the Broadway Methodist Sunday school will enjoy a natatorium party Thursday morning.

Complimenting Mrs. Bunn.
Mrs. J. S. Berkshire will entertain Thursday and Friday afternoons complimenting Mrs. Clinton O. Bunn of Oklahoma City. Five hundred will be the diversion.

All Day Party.
Mrs. J. A. Bivens entertained yesterday very informally with an all day party. Her guest list included: Miss Katherine McCabe, Miss Scott, Miss Effie Lane, Mrs. E. C. Harlow, and daughter, Mary Melba.

Auction Bridge Party.
Mrs. John Teer entertained Tuesday afternoon with a most enjoyable auction bridge party.

Top score was made by Mrs. Clinton O. Bunn of Oklahoma City. Mrs. Guy P. Cobb made low score. The consolation favor was given Mrs. John Dexter.

After the games a dainty ice course was served Meses, Max Weselmeier, E. L. Evans, John Dexter, J. S. Downard, J. S. Berkshire, C. O. Bunn, Arthur Walcott, H. A. Ledbetter, H. E. Foster, T. Y. Morgan, Guy P. Cobb, and Miss Beatrice Sinclair.

Picnic at City Lake.
Mr. and Mrs. T. B. Breedlove gave a most enjoyable outing and picnic party Monday evening at the city lake, complimenting Meses Bess and Aleta Lindsay of Sherman, and Meses Bliss and Dorothy Smith of Wapawacka.

Swimming and boating were indulged in to their hearts' content and all did justice to a bountiful picnic spread.

The party included: Mr. and Mrs. W. F. Lindsay, Mr. and Mrs. R. F. Hayden, Miss Gussie Lee Hayden, Messrs. John Murphy, J. B. O'Brien and Misses Dorothy and Elsie Smith, Bess and Aleta Lindsay and Mr. and Mrs. Breedlove and family.

For Miss Benfer.

Mrs. Carl von Nordheim entertained a company of her friends most delightfully last afternoon with an informal sewing and miscellaneous amusement party of perfect appointments, for her charming house guest, Miss Mabel Benfer of Baton, New Mexico.

Miss Helen Durie assisted the hostess in receiving the guests and introducing the honoree, Misses Eloise Sandlin and Harriet Crockett served punch during the afternoon.

Needles were busily plied for the first hour and merry chat enjoyed. Mrs. Howes favored the guests with a violin number, with Mrs. Kirkbright at the piano.

The hostess had arranged a number of clever guessing contests. Mrs.

It Always Helps
says Mrs. Sylvania Woods, of Clifton Mills, Ky., in writing of her experience with Cardui, the woman's tonic. She says, further: "Before I began to use Cardui, my back and head would hurt so bad, I thought the pain would kill me. I was hardly able to do any of my housework. After taking three bottles of Cardui, I began to feel like a new woman. I soon gained 35 pounds, and now, I do all my housework, as well as run a big water mill.
I wish every suffering woman would give
CARDUI
The Woman's Tonic
a trial. I still use Cardui when I feel a little bad, and it always does me good."
Headache, backache, side ache, nervousness, tired, worn-out feelings, etc., are sure signs of womanly trouble. Signs that you need Cardui, the woman's tonic. You cannot make a mistake in trying Cardui for your trouble. It has been helping weak, ailing women for more than fifty years.
Get a Bottle Today!